

ABSTRACT

An optical information recording medium for recording information by a plurality of record mark lengths, wherein the shortest mark length is at most 0.5  
5  $\mu\text{m}$ , and a crystal state is an unrecorded or erased state and an amorphous state is a recorded state, wherein the erasing is carried out by recrystallization which substantially proceeds by crystal growth from an interface between the amorphous portion or a melt portion  
10 and a peripheral crystal portion; and an optical recording method suitable therefore. The medium of the present invention has characteristics that overwriting can be made at a high speed, the jitter of mark edge is small, mark length modulation recording can be made at a  
15 high density, and the formed mark is excellent in the stability with the lapse of time.